

# INTEGRATION DURCH SPORT

**DOSB**

## SPORTS GUIDE



**RHINE-SIEG-district**



## Sport in the Rhein-Sieg district

- You would like to take exercise? You would like to participate in a sports program? You have heard of a new kind of sport?
- You are looking for a sports course or an established sports group you can join?
- Your child is interested in football or basketball or would like to dance or do gymnastics?
- You would like to join a sports club and are looking for the right club for you and your family?
- It is important to you that your children learn 'fair play' within sport, but also share success and misadventure?
- You are interested in collective sport of citizens with and without a migration background?

There are many offers for toddlers, e.g. parent-child gymnastics, children's gymnastics, water acclimatization, children's swimming or even football, allowing them to become accustomed to sport, exercise and being together from the onset. This is necessary for their health and growing up process, and it's also fun!

Older children and adolescents will be able to choose between certain kinds of sport. There are team sports such as football or basketball, but also individual sports such as fencing, boxing, water sports and many more.

For adults there are also different exercise and fitness sports courses in addition to the general range of recreational sporting activities. With spinal exercises, back fitness or water aerobics, you can do something for your fitness and health. Many of these offers are also suitable for beginners and for those returning to sport. Some offers are specifically targeted at immigrants.

You see: There are many opportunities to do sport. Use them! Within this flyer the most important answers and contacts are listed. For the purpose that you can find the offer which will fulfill your needs and the needs of your family - for all of you!

# Sports clubs in the Rhein-Sieg district

There are more than **560 sports clubs** within the Rhein-Sieg district, both small and large. Incidentally, some of these were founded by migrants. The sports clubs offer over 150 different kinds of sport. Certainly, there is something for any citizens in the Rhein-Sieg-district.

Anyone can **become a member** of a sports club. Members pay a monthly or annual fee and can take part in the range of activities of the club. Many sport clubs also offer family discounts if the whole family would like to do sport at the club. Exact costs can be find out directly at the sports clubs.

In most clubs, there is the possibility of a **free trial or introductory training**.

The Federal Government's **education and participation package** makes it possible that the costs of children and adolescents can be partially or fully absorbed until the age of 18 years. Therefore, you have to submit an appropriate application.



## Get involved, because sport in a club...

- 
- ...unites people
- ...forms friendships
- ...means exercise for all
- ...is practiced together
- ...promotes good health
- ...educates through social and intercultural learning



This is where you find contacts and information for any questions concerning the sports field. Pass by, write an e-mail oder give us a call.

**Sportjugend  
im KreisSportBund Rhein-Sieg e.V.**

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